



Life YOUniversity

Quality personal and family life skills education for the military community.

Special Children Need Special Parents

By: Marcia O'Connor, Exceptional Family Member Program Manager, ACS

Love is the guiding force as special families face their challenges.

Parents of special needs children who succeed focus on the fact that people labeled "disabled" are not "unable". They concentrate on their child's strengths instead of their weaknesses. They are there for their child(ren), but are also able to separate. They seek help and intervention from the beginning, and it is often the early intervention that starts them on the right course, with communication getting them what they need. Perhaps from that parental attitude children labeled "disabled" grow to be the most "abled".

As a special parent, you're given the opportunity to reflect and be grateful for many things, and that's because special parenting is a challenging business. It is no small task. Raising a child who requires extra attention, discipline, love, and understanding is greatly challenging, particularly when others ridicule or ostracize your child. The parenting process takes an enormous resolve, and, sometimes, it costs people their marriages and families. While parents exert extra effort for their children and their families, they may neglect their own needs and, avoid offered and available support and guidance.

When you are a special parent, probably the most frustrating thing for everyone, including the child, is trying to understand the truth about the condition. This guesswork may make dealing with your child's condition an on-going struggle. We all know there are no perfect parenting formulas, no perfect families, no magic answers, and no absolutes, but maybe, the combined wisdom and practical advices from people who have also struggled with their circumstances will help strengthen us as we grow.

Military families throughout the world are fortunate to have a resource called the Exceptional Family Member Program through their local family centers, which offers resources, support, diagnosis-specific information, and special needs parent connections. Department of the Defense has developed a new special needs website, www.militaryhomefront.dod.org which is a valuable tool for special needs families to resolve issues and receive answers to their many questions.

"Dreams & Realities of Parenting the Special Needs Child"

a brown bag session, will be offered at the

Fort Myer Army Community Service

February 6, 2006, 11:30 a.m. to 1:00 p.m.

Fran Herron, social worker, will be the guest speaker.

[See page 2 for registration information.](#)

Volume 6, Issue 3

February / March
2006

All classes require early registration unless otherwise indicated. Registration information is included with each class description. Most classes are open to all Service members, their family members, and DoD civilians.

Inside this issue:

Article:

"Special Children Need Special Parents" 1

Classes:

- Parenting 2
- Home, Marriage & Money Management 3-4
- Employment Readiness 4

JMAC Pentagon 5

Army Family Team Building 5

Exceptional Family Member Services 6

For general or disabled access, more information, and registration, please contact the individual program number listed with the class ad.



To advertise your program, event or class in this bulletin, contact:

Karen St. Pierre
(703) 696-3512
Stpierre@fmcc.army.mil

PARENTING

Fort Belvoir, Virginia

Play Mornings

Date(s): Every Thursday

Time: 9:30—11:30 a.m.

Location: CYS Activities Bldg. 1003, Fort Belvoir

Group Leader: Ms. Melissa Cole

For information call (703) 866-1028;

for registration call (703) 805-4590.

Parents and children 6 years and under are invited to join in group activities designed to encourage positive parent-child attachments, stimulate physical growth and brain development, while creating meaningful experiences for a lifetime. Immunization records required for all children and a blanket for infants.



Fort Meade, Maryland

Romp-n-Stomp Playgroup

Date(s): Tuesdays

Time: 9:30—11:00 a.m.

Location: Bldg 909, Reece Rd., Fort Meade

Instructor: Ms. Sherri Collins

For information, call (301) 677-5590.

This program offers parents and children, up to age 5, a variety of toys, equipment, books, learning activities and arts & crafts projects to help children develop their fine and gross motors skills and social skills.

Fort Myer, Virginia

Developmental Play

Date(s): Every Wednesday

Time: 10:00 a.m.—12:00 p.m.

Location: Child Development Center Multi-Purpose Room, Bldg 469, Fort Myer

Group Leader: Ms. Fran Herron, L.P.C.

To register, call (703) 696-3512.

Activities for parents and children ages 1-5 which focus on cognitive, physical and social skills through imaginative play, art, story telling and music. This structured setting also helps develop parent/child bonding and prepare children for kindergarten. Registration is required.



The Dreams & Realities of Parenting A Special Needs Child

Date(s): February 6, 2006

Time: 11:30 a.m.—1:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Ms. Fran Herron, L.P.C.

To register, call (703) 696-3512.

For parents, a multitude of emotions accompany the news of a special needs child. These emotions may include anger, denial, anxiety, and sadness. The parents may need time and support to accept the changes in their hopes and



dreams for that child, and assistance to find other resources in order to maximize the child's potential. Come and receive support and information which will enlighten and empower you on the behalf of your child.

Staying Home Alone: Is Your Child Ready?

Date(s): February 7, 2006

Time: 11:30 a.m. — 1:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Ms. Fran Herron, L.P.C.

To register, call (703) 696-3512.

Parents will learn about the hazards of children being home alone, how to keep their children safe during these times, and resources available for extra help. Registration required.



Active Parenting of Teens

Date(s): Six Tuesdays, February 28—April 4, 2006

Time: 5:00—7:00 p.m.

Location: Library, Bldg 469, Fort Myer

Instructor: Ms. Fran Herron, L.P.C.

To register, call (703) 696-3512.

During these 6 weeks parents will learn how to be an active parent. Learn skills to winning teen's cooperation, developing teens responsibility, building their courage, character and self esteem in your child and much more.



Encouraging Language Development

Date(s): February 28, 2006

Time: 5:00—6:00 p.m.

Location: Child Development Center, Bldg 469, Fort Myer

Instructor: Ms. JoAnn Lamm, Speech Pathologist

To register, call (703) 696-3817.

Learn ways to build language skills in young children and recognize some developmental milestones.

Budgeting for Baby & Baby Bundles

Date(s): March 3, 2006

Time: 1:00—4:00 p.m.

Location: Army Community Service, Bldg 201, Fort Myer

Instructor: Mr. Leonard Toyer & Ms. Fran Herron, L.P.C.

To register, call (703) 696-3510.

New and expectant parents will learn to prepare themselves and their finances for the responsibilities of parenthood.



Learning Through Play

Date(s): March 28, 2006

Time: 5:00—6:00 p.m.

Location: Child Development Center, Bldg 469, Fort Myer

Instructor: TBA

To register, call (703) 696-3817.

Learn about the importance of play in the lives of young children.

IN THE NEXT ISSUE OF LIFE YOUNIVERSITY

APRIL IS...

MONTH OF THE MILITARY CHILD



HOME, MARRIAGE & MONEY MANAGEMENT

Fort Myer, Virginia

English as a Second Language Class (ESL)

Date(s): Every Tuesday

Time: 1:00—3:00 p.m.

Location: Education Center, Fort Belvoir

Group Leader: Ms. Patty Barron

For information, call (703) 696-3510.



Location: Army Community Service, Bldg 201, Fort Myer

Instructor: Fort Myer Consumer Educator

To register, call (703) 696-3510.

Learn the ABCs of checkbook maintenance.

Tax Planning

Date(s): February 8, 2006

Time: 11:30 a.m.—1:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Mr. David Hobbs

To register, call (703) 696-3510.

Learn about taxes and your finances. There must be a minimum of 7 participants to conduct this class. Feel free to bring a brown bag lunch.



Iraq: Customs and Culture

Date(s): Second Tuesday of each month

Time: 11:00 a.m. — 12:00 p.m.

Location: Army Community Service, Bldg 201, Fort Myer

Instructor: Ms. Patty Barron

To register, call (703) 696-3510.

This overview of Iraq customs and cultures helps family members who have a service member deployed to the area. Obtain resources, checklists and much more information to ease the process of pre-deployment and deployment.



Investments & Retirement Planning

Date(s): February 14, 2006

Time: 11:30 a.m.—1:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Mr. David Hobbs

To register, call (703) 696-3510.

Learn how to invest for retirement. There must be a minimum of 7 participants to conduct this class. Feel free to bring a brown bag lunch.



Start Right

Date(s): Every Thursday/Friday

Time: 8:30 a.m.—3:00 p.m.

Location: Army Community Service, Bldg 201, Fort Myer

Instructor: Ms. Gwen Smallwood

To register, call (703) 696-0026.

Start Right is a two day comprehensive in-processing program that brings together all in-processing services and provides information regarding the "quality of life" within the Fort Myer Military Community (FMMC) and the Military District of Washington (MDW).



Preparing Your Taxes

Date(s): February 15, 2006 & March 15, 2006

Time: 11:30 a.m.—1:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Ms. Tynisa Gaines

To register, call (703) 696-3510.

Get information regarding tax preparation. Feel free to bring a brown bag lunch.



Budget & Debt Liquidation

Date(s): February 1, 2006

Time: 11:30 a.m.—1:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Mr. David Hobbs

To register, call (703) 696-3510.

Learn strategies to manage and reduce debt. There must be a minimum of 7 participants to conduct this class. Feel free to bring a brown bag lunch.



A Headstart to Germany

Date(s): February 15, 2006

Time: 1:30—2:30 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Ms. Teresa Wallage

To register, call (703) 692-7735.

Receive pre-deployment information designed to make your move easier on you and your family. This class is for all military, family members, & DoD civilians that are relocating to Germany.



PCS to Korea

Date(s): February 1, 2006 & March 1, 2006

Time: 9:00—10:00 a.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Ms. Gwen Smallwood

To register, call (703) 696-3510.

Learn about relocation resources specific to Korea.



Home Buying Seminar

Date(s): February 21, 2006 & March 20, 2006

Time: 11:30 a.m.—1:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Mr. Jeff Thomas

To register, call (703) 696-3510.

Learn the fundamentals of home buying. Feel free to bring a brown bag lunch.



Sponsorship

Date(s): February 1, 2006 & March 1, 2006

Time: 2:00—3:00 p.m.

Location: Army Community Service, Bldg 201, Fort Myer

Instructor: Ms. Gwen Smallwood

To register, call (703) 696-0026

Do you like to meet new people and make new friends? Why not consider being a sponsor. Come find out what sponsorship is about and how it helps our military community.



Smooth Move

Date(s): February 22, 2006 & March 22, 2006

Time: 1:00—2:30 p.m.

Location: Army Community Service, Bldg. 201, Fort Myer

Instructor: Ms. Gwen Smallwood

To register, call (703) 696-0026 / 3510.

Get the latest information about ACS Relocation resources, the transition process, transportation information, travel pay & allowances, shipping household goods and budgeting for your move.



Remedial Check Writing

Date(s): February 7, 2006

Time: 11:00—12:30 p.m.

HOME, MARRIAGE & MONEY MANAGEMENT (CONTINUED)

First Termers Mandatory Money Management

Date(s): February 28, 2006 & March 28, 2006

Time: 8:00 a.m.—4:00 p.m.

Location: Center for Substance Abuse, Bldg 230, Room 119, Fort Myer

POC: Mr. Leonard Toyer

To register, call (703) 696-3510.

This one-day overview of financial preparedness is geared toward first-term Service members, but open to others.

Budgeting for Baby & Baby Bundles

Date(s): March 3, 2006

Time: 1:00—4:00 p.m.

Location: Army Community Service, Bldg 201, Fort Myer

Instructor: Mr. Leonard Toyer & Ms. Fran Herron, L.P.C.

To register, call (703) 696-3510.

New and expectant parents will learn to prepare themselves and their finances for the responsibilities of parenthood.

Understanding Your Credit Score

Date(s): March 7, 2006

Time: 11:30 a.m.—1:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

POC: Mr. Leonard Toyer

To register, call (703) 696-3510.

Learn what your credit score numbers mean and how they affect you. There must be a minimum of 7 participants to conduct this class. Feel free to bring a brown bag lunch.

Secrets of Using Credit

Date(s): March 8, 2006

Time: 11:30 a.m.—1:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Mr. David Hobbs

To register, call (703) 696-3510.

Learn how to use credit wisely. There must be a minimum of 7 participants to conduct this class. Feel free to bring a brown bag lunch.

Wills & Trusts

Date(s): March 10, 2006

Time: 11:00 a.m.—1:00 p.m.

Location: CSAP, Bldg 230, Room 117 or 119, Fort Myer

Instructor: Legal Representative

To register, call (703) 696-3510

Gather information required to draw up a will or establish a trust.

Long Term Care Insurance

Date(s): March 14, 2006

Time: 11:30 a.m.—1:00 p.m.

Location: Army Community Service Classroom, Bldg 201, Fort Myer

Instructor: Mr. Tony Pao

To register, call (703) 696-3510.

Learn what it is and why it's important. There must be a minimum of 7 participants to conduct this class. Feel free to bring a brown bag lunch.

What Planet Is Your Spouse From?

Date(s): March 18, 2006

Time: 9:30 a.m. — 1:30 p.m.

Location: Army Community Service, Room 14, Bldg 201, Fort Myer

Instructor: Ms. Fran Herron, L.P.C. & Ms. Patti Wells

To register, call (703) 696-3512.

This course begins with participants filling out a Myers Briggs Personality Type Inventory. During the course students will learn their personality types, what they mean and how they may effect their relationships with others.

VHDA Home Ownership Seminar

Date(s): March 23, 2006

Time: 4:30—6:30 p.m.

Location: Army Community Service Legal Classroom, Bldg 201, Fort Myer

Instructor: VHDA Representative

To register, call (703) 696-3510.

Topics cover budgeting, credit, the loan process, home inspections, the loan closing process and closing documents. There must be a minimum of 7 participants to conduct this class.

EMPLOYMENT READINESS

Fort Myer, Virginia

Available Employment Services

Date(s): Upon request

Time: Call for appointment

Location: Army Community Service Bldg 201, Fort Myer

Instructor: Ms. Judy Joyner

To register, call (703) 696-3047.

Topics include: Resume Classes, Dress For Success, Interviewing Techniques, Job Searching, & Federal Government Employment.

VOLUNTEERS NEEDED!

Fort Myer Army Community Service is looking for volunteers to answer phones, and greet clients.

For more information contact:

Ms. Blanche Glymph, (703) 696-3510

PENTAGON JMAC

A Headstart to Germany

Date(s): February 13, 2006

Time: 1:00—3:00 p.m.

Location: Room 1E288

Instructor: Ms. Teresa Wallace

To register, call (703) 692-7735.

Receive pre-deployment information designed to make your move easier on you and your family. This class is for all military, family members, & DoD civilians that are relocating to Germany.

Investments & Estate Planning

Date(s): February 14, 2006

Time: 12:00 — 2:00 p.m.

Location: Call for Room # and directions

Instructor: Mr. David Hobbs

To register, call (703) 692-7735.

Learn how to plan your estate using investments. Pre-registration is required. (Class must have a minimum of 7 participants to be held)

Long Term Care Insurance

Date(s): February 21, 2006

Time: 12:00 — 2:00 p.m.

Location: Call for Room # and directions

Instructor: Mr. Tony Pao

To register, call (703) 692-7735.

Learn what it is and why its important. Pre-registration is required. (Class must have a minimum of 7 participants to be held)

A Headstart to Korea Class

Date(s): March 6, 2006

Time: 1:00—2:00 p.m.

Location: Room 1E288

Instructor: Ms. Teresa Wallace

To register, call (703) 692-7735.

Receive pre-deployment information designed to make your move easier on you and your family. This class is for all military, family members, & DoD civilians that are relocating to Korea.

Preparing Your Taxes

Date(s): March 6, 2006

Time: 10:00 a.m.—12:00 p.m.

Location: Call for Room # and directions

Instructor: Ms. Tynisa Gaines

To register, call (703) 692-7735.

Get information regarding tax preparation. Pre-registration is required. (Class must have a minimum of 7 participants to be held)

Home Buying

Date(s): March 16, 2006

Time: 12:00 — 2:00 p.m.

Location: Call for Room # and directions

Instructor: Mr. Jeff Thomas

To register, call (703) 692-7735.

Learn the fundamentals of home buying. Pre-registration is required. (Class must have a minimum of 7 participants to be held)

Iraq Customs & Culture

Date (s): March 20, 2006

Time: 2:00—3:00 p.m.

Location: Room 1E288

Instructor: Ms. Patty Barron

To register, call (703) 696-692-7735.

This overview of Iraq customs and cultures helps family members who have a service member deployed to the area. Obtain resources, checklists and much more information to ease the process of pre-deployment and deployment.

ID Theft

Date(s): March 21, 2006

Time: 12:00 — 2:00 p.m.

Location: Call for Room # and directions

Instructor: Mr. David Hobbs

To register, call (703) 692-7735.

Don't let your identity be stolen. Join us for this class and learn how to safeguard your personal information. Pre-registration is required. (Class must have a minimum of 7 participants to be held)

Investment/Retirement Planning

Date(s): March 22, 2006

Time: 12:00 — 2:00 p.m.

Location: Call for Room # and directions

Instructor: Mr. Tony Pao

To register, call (703) 692-7735.

Learn how to invest for retirement. Pre-registration is required. (Class must have a minimum of 7 participants to be held)

ARMY FAMILY TEAMBUILDING

Fort Myer, Virginia

AFTB Level 1

Date(s): Call for more information

Time: 9:00 a.m. —3:00 p.m.

Location: Army Community Service Classroom, Bldg. 201, Fort Myer

Instructor: Ms. Pam Eller

To register, call (703) 696-3510.

This introductory course for spouses assists them in understanding and acclimating to the special culture that is life in America's Army. Childcare provided.



Fort Belvoir, Virginia

AFTB Level 1

Date(s): Call for more information

Time: Call for more information

Location: AFTB Classroom, Bldg 1153 Gunston Road, Ft. Belvoir

POC: Carol Janier

To register, call (703) 805-5556.

This introductory course for spouses assists them in understanding and acclimating to the special culture that is life in America's Army. Childcare provided.



EXCEPTIONAL FAMILY MEMBER SERVICES

Fort Belvoir, Virginia

Exceptional Family Member Respite Care Services

Location: Army Community Service, Bldg 210, Fort Belvoir

POC: Ms. Alma Keating & Ms. Martha Hayes

For more information, call (703) 805-2967.

EFMP families assigned to Fort Belvoir may receive up to 10 hours per month of free respite care services for those who qualify.

Exceptional Family Member Saturday Swim

Date(s): Every Saturday

Time: 1:00—3:00 p.m.

Location: Benyaard Indoor Swimming Pool, Gay Rd. Bldg 183, Fort Belvoir

POC: Ms. Alma Keating

To register, call (703) 805-2967.

Free open swim for the entire EFMP family.

Exceptional Family Member Family Arts & Crafts

Date(s): Every 3rd Saturday of the month

Time: 1:00—3:00 p.m.

Location: Army Community Service, Bldg. 210, Fort Belvoir

EFMP families join together for a day of arts & crafts for the entire family. Different projects each month. Snacks provided.

Teen Bowling

Date(s): Every 2nd Saturday of the month

Time: 12:00—2:00 p.m.

Location: Fort Belvoir Bowling Center

POC: Ms. Martha Hayes

To register, call (703) 805-5435/2967.

EFMP pays for one free game of bowling giving parents & teens an opportunity to fellowship together.

Parent Support Group

Date(s): Every 1st Saturday of the month

Time: 1:00—3:00 p.m.

Location: Army Community Service, Bldg 210, Fort Belvoir

POC: Ms. Alma Keating

To register, call (703) 805-2967.

This group provides an opportunity for parents with special needs children to support each other and to receive resource information. Childcare not provided.

Rights & Responsibilities

Need information about your rights and responsibilities concerning disabilities?



Contact Your
Exceptional Family Member
Program Manager

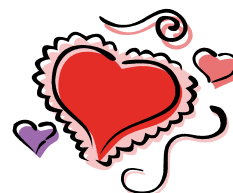
Fort Myer . . (703) 696-3510
Fort Belvoir. (703) 805-2967
WRAMC. . . (202) 782-3390

MILES OF SMILES

USO is currently planning the 19th annual "Miles of Smiles"

Date: Friday, February 17, 2006

Place: VA Medical Center
50 Irving Street, NW
Washington, DC 20422



Life YOUiversity

Army Community Service
201 Custer Road
Fort Myer, VA 22211-1199
ACCT 64

Phone: 703-696-3512

Fax: 703-696-1201

Email: Karen.Stpierre@us.army.mil

The symbols below indicate classes carrying incentives for participants from the respective communities of Fort Myer and Fort Belvoir.

WIN (Why I'm Needed). Fort Belvoir soldiers & family members who earn 5 WIN credits are eligible for a 10% discount at the Fort Belvoir Child Development Center. For more information, contact (703)805-3980.



VIP (Very Informed Parent). Fort Myer soldiers & family members earning 5 VIP points are eligible for a VIP T-shirt and a number of other incentives as they become available. For more information, contact (703)696-3512.



Fort Myer Child Development Center parents who earn 5 points are eligible for a 10% discount for the month. For more information contact, Ann Daffin (703) 696-3095.



Classes earn military promotion points. Call for details.



Valentine Cards needed!!

Please make all Valentines on perforated computer paper.

You can –

- Draw on the computer paper
- Attach cards on the paper
- Write poems
- Flyers of your command unit / school
- Just sign your name



Volunteer's Needed!!

- Set up for Casino
- Escorting patients to the game room
- Assist patients at the game tables
- Run the games
- Visit patients
- Distribute Valentine's

If interested in volunteering contact Dawn Ruth at (703) 696-3279 or by email ruthd@fmmc.army.mil

Valentine's must be dropped off at the USO
228 McNair Road – Bldg. 405 Fort Myer, VA 22211 **No later than Feb. 13, 2006**



OF METROPOLITAN WASHINGTON